

# Kneeling Creepers

## The Problem

Many construction tasks require frequent kneeling, squatting, or stooping because the work is close to the floor. Kneeling on a hard surface puts a lot of direct pressure on your knee, while squatting puts stress on the tendons, ligaments, and cartilage of the knee joint. Working in either position often or for long periods of time can lead to knee problems, including knee osteoarthritis.

If you work in a stooped position, there is stress on your lower back as well as your knees, possibly leading to back pain and even a serious back injury.

*Problem: Kneeling to work near floor*



## One Solution

Use a portable **kneeling creeper** with chest support. When the job requires kneeling or squatting to work at floor level, these devices will reduce the stress to your knees, ankles, and lower back.

*Solution: Laying tile with kneeling creeper*



## How It Works

Kneeling creepers are available with removable seats and cushioned knee supports. They are very low and have 2 to 3 inch casters. The knee supports on one model are only  $\frac{3}{4}$  inch above the floor. The cushioned knee supports reduce the pressure on your knees, just as ordinary knee pads do.

Some models are available with an adjustable cushioned chest support. It is useful when doing prolonged floor-level jobs like tile setting and concrete patching. It helps support your weight, reducing back strain and some of the pressure on your knees.

## Benefits for the Worker and Employer

Kneeling creepers provide support when work must be done in awkward and stressful positions. They reduce stress on the knees and lower back, and can help prevent serious muscle and joint problems. Since work can be done with less discomfort and pain, productivity often also increases.

Kneeling creepers allow workers to move around more easily and quickly, and may also have an area where tools can be conveniently placed.

These devices can be used to assist injured workers returning to the job, since they can work with less stress to their knees and back.

## Approximate Cost

Kneeling creepers without the chest support cost around \$200 and the optional adjustable chest support is around \$75.

## For More Information

- Products related to this solution are described at [www.cpw.com/simple.html](http://www.cpw.com/simple.html). Products also may be found on the internet using the following search terms: “kneeling creeper.”
- Local contractor tool and equipment suppliers or rental companies may be another source of information on products.
- For general information on this solution, check [www.cpwconstructionolutions.org](http://www.cpwconstructionolutions.org) and [www.elcosh.org](http://www.elcosh.org).